



*'And their eyes were opened  
and they recognised him...'*

*Luke 24:31*

## **The mission of Companions**

The mission of Companions is to provide, in partnership with the Society of Jesus, a professional association for those engaged in the ministry of giving spiritual direction in the Ignatian tradition and the Spiritual Exercises of Saint Ignatius of Loyola in Australia.

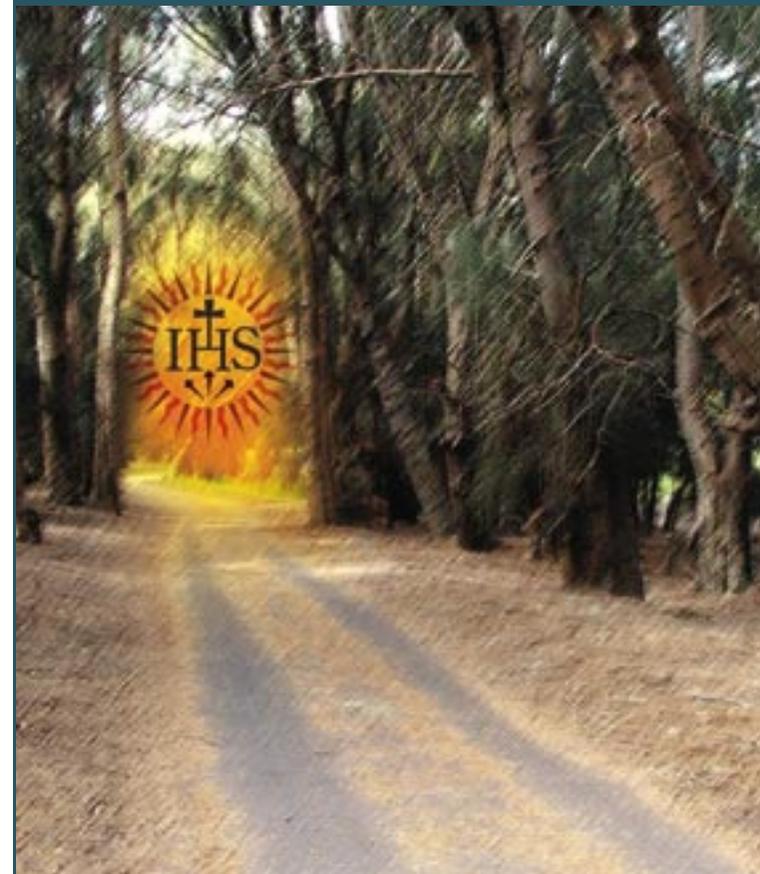
## **Companions offer:**

- Annual conference of members for education, sharing, encouragement and networking.
- Opportunities for ongoing formation.
- Encouragement and mentoring of new givers of the Spiritual Exercises.
- Regular communication with members and access to electronic newsletters and articles on Ignatian spirituality.
- Support for those engaged in research and writing on the Spiritual Exercises.
- An incorporated association of spiritual directors in the Ignatian tradition and givers of the Spiritual Exercises. Our Constitution may be downloaded from the Companions web site.
- Standards for the formation of spiritual directors in the Ignatian tradition and givers of the Spiritual Exercises. Based on those set by the Australian Ecumenical Council for Spiritual Direction. These standards can be downloaded from our web site.
- A code of ethics for spiritual directors in the Ignatian tradition and givers of the Spiritual Exercises. Based on those set by the Australian Ecumenical Council for Spiritual Direction, our code of ethics is available on our web site.

[www.companions.org.au](http://www.companions.org.au)



# **Companions in the Ministry of the Ignatian Spiritual Exercises**



*For more information  
please visit the  
Companions web site:*

[\*\*www.companions.org.au\*\*](http://www.companions.org.au)

## The Ignatian Spiritual Exercises

The Ignatian Spiritual Exercises is a centuries-old process that grew out of the personal spiritual experiences of Íñigo López de Loyola and his reflection on the spiritual conversations he had with men and women of his time.

Ignatius developed a dynamic pattern of exercises to help persons begin and grow in a life of prayer, to search for and find God's love in all things, and to discern God's will through personal experience of Jesus Christ, making one's faith more purposeful and free.

## What we believe as Companions

We believe that the Ignatian Spiritual Exercises are a highly effective instrument by which God shows us love and brings about radical spiritual and personal transformation in our time and culture.

We believe that the ministry of giving the Ignatian Spiritual Exercises to modern men and women calls for the highest standards of formation, practice and accountability.

We believe that, in God's providence, more and more men and women in the Church — lay and religious — are being called to this ministry.

## Welcome to this professional association

Companions welcomes:

1. those engaged in the ministry of giving spiritual direction in the Ignatian tradition and giving the Spiritual Exercises, and
2. those who are preparing for the ministry of giving spiritual direction in the Ignatian tradition and the Spiritual Exercises.
3. those who support these Ignatian ministries and participate in the activities of Companions.

Our hope is that **Companions** will help Ignatian spirituality become more widely available in Australia.



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## Memberships

**Associate Members** are those who have a regular experience of the Spiritual Exercises (such as making an annual eight-day retreat or a weekend retreat) and live out Ignatian spirituality as a way of life. Associate Members are not currently in a formation program to become givers of the Exercises, but may be exploring that possibility.

**Student Members** are those who are currently involved in formation programs to become spiritual directors in the Ignatian tradition and givers of the Spiritual Exercises.

**18<sup>th</sup> Annotation Members** give the Spiritual Exercises according to Annotation 18. The 18<sup>th</sup> Annotation exercises are the light spiritual exercises.

**19<sup>th</sup> and 20<sup>th</sup> Annotation Members** give spiritual direction in the Ignatian tradition and the full Spiritual Exercises according to Annotation 19 and/or 20. The 19<sup>th</sup> Annotation is the full Spiritual Exercises made over 35 weeks in the flow of daily life. The 20<sup>th</sup> Annotation is the full Spiritual Exercises made over 30 days.

**Equivalent Competence Members** are those spiritual directors in the Ignatian tradition and those givers of the Exercises with an obvious charism for the ministry who have not participated in a formal formation program. Such people may join **Companions** by demonstrating equivalent competence. Equivalent competence means that the applicant is as competent as someone who has come through a recognised formation program, but has acquired that competence through a different learning process. An applicant's actual competence, as well as his or her theoretical understanding, and that of a regular applicant should be roughly equivalent.

## How do I apply?

To apply, please download an application form appropriate to your level of formation from the Companions website:

[www.companions.org.au](http://www.companions.org.au)